



Mid-Atlantic Support Groups

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active.

Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

[DC](#)

[Delaware](#)

[Maryland](#)

[Virginia](#)

[West Virginia](#)

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing MidAtlantic@parkinson.org.

December 2023



Mid-Atlantic Support Groups

Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

DC

Atypical Parkinsonism Support Group

Support group for individuals and loved ones managing atypical Parkinsonism (progressive supranuclear palsy, corticobasal degeneration, multiple systems atrophy).

Location: Washington DC 20116 – *Meeting online*

For more information, contact Kristen Weidner at 715-821-3356 or weidner.kristen@gmail.com.

Link to Website [here](#).

Parkinson's Support Groups *(updated October 2023)*

Location: Sibley – Washington, DC 20016

For more information, contact Jihan Starr at 202-364-7602 or jstarr12@jhmi.edu

Location: IONA – Washington, DC 20016- *Meeting online*

For more information, contact Leon Paparella at 202-966-4450 or 301-884-8171 ext. 466 or leonpaparella@comcast.net.

Location: Georgetown – Washington, DC 20007- *Meeting online*

For more information, contact Leon Paparella at 202-966-4450 or 301-884-8171 ext. 466 or leonpaparella@comcast.net.

DELAWARE

Modern Maturity Caregiver Resource Center

Support group for people with Parkinson's

Location: Dover, DE 19904 – *Meeting in-person*

Fee: No

For more information, contact Dawn Morris at 302-734-1200, ext 186 or dawn.morris@modern-maturity.org.

Location: Dover, DE 19904

For more information, contact Cindy Clark at 302-734-1200, ext. 186 or Mmc_caregiver@hotmail.com.

Location: Lewes, DE 19971

For more information, contact:

- Dennis Leebel – 302-644-3465, 410-615-7732 or bleebel@verizon.net
- Kathy Landis – 302-856-5187



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Location: New Castle, DE 19720

For more information, contact Gary Chard at 302-332-8791 or G195dude@yahoo.com.

Location: Newark, DE 19713

For more information, contact David Kaplan at 302-239-1190 or PDyodah@yahoo.com.

Parkinson's Education and Support Group

The Parkinson's Education and Support Group of Sussex County provides educational programs and exercise classes for people with PD and their families.

Location: Lewes, DE 19958 — *Meeting in-person (updated December 2023)*

Fee: Yes

For more information, contact Amanda Peters at 302-430-9352 or

Amanda.peters@me.com

Link to website [here](#).

Location: Rehoboth Beach, DE 1997- *Meeting in-person and online*

Fee: No

For more information contact Patricia Slygh at 410-322-3000 or pcslygh@comcast.net.

Link to website [here](#).

Location: Seaford, DE 19973

For more information, contact:

- Dennis Leebel – 302-644-3465, 410-615-7732 or bleebel@verizon.net
- Kathy Woolman – 302-854-2886.

Location: Wilmington, DE 19808

For more information, contact David Kaplan at 302-239-1190 or PDyodah@yahoo.com.

Location: Wilmington, DE 19810

For more information, contact:

- Gary Chard – 302-332-8791 or G195dude@yahoo.com
- Kathy Scott – 302-477-8813 or kcscott@5sgc.com.



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MARYLAND

Location: Parkville, MD 21234 *(updated October 2023)*

For more information, contact Erika Harris at 410-657-3526 or Erika.harris@erickson.com.

Location: Bel Air, MD 21014

For more information, contact:

- Lynette Chambers – 443-243-2379 or Lynnettechambers02@yahoo.com

Location: Berlin, MD 21811

For more information, contact Ron & Mary Leidner at:

- 410-280-0525
- worcesterPD1@gmail.com, ron.leidner@yahoo.com or leidnermary@yahoo.com

Bowie Maryland Parkinson's Support Group *(updated October 2023)*

Location: Bowie Senior Center - Bowie, MD 20716 — *Meeting In-Person*

For more information, contact Saralyn Trainor or Nell Baldacchino at 301-559-1761 and 301-464-1239 or saralyntrainor55@gmail.com and nellpb@verizon.net.

Location: Catonsville, MD 21157

For more information, contact Amy Sarro, LSCW at 410-247-3400, ext. 8459 or Amy.sarro@erickson.com.

Caregiver Support Group

Location: Columbia, MD 21044

For more information, contact Lynada Johnson at 410-992-1120 or lynadadavid@gmail.com.

Location: Edgewater, MD 21037

For more information, contact Tom Bolander at 410-222-1927.

Location: Easton, MD 21601

For more information, contact Elsie Gerdom at pgerdom@atlanticbb.net.



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Caregiver Support Group

Location: Easton, MD 21601

For more information, contact:

- Donna O'Neil – 410-827-8574 or Donnam520@gmail.com
- Elsie Gerdom – pgerdom@atlanticbb.net
- Kathy Hines – 443-521-5828 or khiers@comcast.net

Location: Elkridge, MD 21075

For more information, contact:

- Kathleen Dougherty – 301-490-1118 or Kad1309@aol.com.
- Charlotte Leer – 443-755-0440, Cowgirl0419@verizon.net.

Hagerstown Parkinson Support Group *(updated October 2023)*

To educate and provide support to Parkinson Patients. We also provide a social situation for them. We want to provide help for care givers Parkinson is a team disease so, we try to support both halves. They aren't the only "different" person.

Location: West Sizzlin in Hagerstown, MD - Meeting in-person

Fee: No

For more information, contact Linda Embly at 301-824-7730 or Holly Keys at hollykeys81@gmail.com

Link to website [here](#).

Location: Rockville, MD 20850

For more information, contact Nancy Tietjen at 240-912-4229 or dettmar@comcast.net.

Location: Salisbury, MD 21804

For more information, contact Art Cooley at 410-749-8511, 410-430-0812 or Art.cooley@gmail.com.

Caregiver Support Group

Location: Salisbury, MD 21804

For more information, contact Dr. Kent Kimmel at 410-749-3617 or kentkimmel@gmail.com.

Location: Silver Spring, MD 20904

For more information, contact Kathleen Tastet at 240-560-7533 or Bobkat150@comcast.net.

Location: Silver Spring, MD 20906

For more information, contact Manny Horowitz at 301-598-9704 or Ehorowitz01@comcast.net.



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Location: Walkersville, MD 21793

For more information, contact:

- Janet Silvious – 240-446-9925, 301-831-5609 or jsilvious@yahoo.com
- John Kraft – 301-845-6514
- Bonnie Lawson – 410-775-7821 or blawson25@aol.com

Friends in Frederick Parkinson's Disease

Local Parkinson's Disease Support Group. Helping people in Frederick County, Maryland to live well with Parkinson's Disease. Meetings generally include a guest speaker and an informal time of sharing over food.

Location: Walkersville, MD 21793- Meeting in-person

Fee: Free

For more information, contact John Nicodemus at 240-815-0080 or

John.nicodermus@verizon.net.

Link to Website [here](#).

Carroll Hospital Parkinson's Support Group (updated October 2023)

We provide accurate information about symptoms, medications and treatments, therapy, and progression of PD, as well as meeting peers with the disease. Topics range from assistive devices to physical therapy to coping.

Location: Westminster, MD 21048

For more information, contact Christina McGann, RN at 410-871-7000 or

cmcgann@lifebridgehealth.org.

Link to website [here](#).

VIRGINIA

Location: Alexandria, VA 22308 For more information, contact Carol Best – 703-569-5913 or cmfrayblogger@gmail.com

Location: Bluefield, VA

For more information contact Kristen Pujari at 386-290-2913 or

Kristen_pujari@yahoo.com.

Location: Manassas, VA

For more information, contact Phil Gesotti at 703-794-9326.

Location: Onancock, VA 22308

For more information, contact Betty Armsey at 757-787-3310 or barmsey@hpces.org.



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Virginia Parkinson's Resource Group *(updated October 2023)*

Join the weekly statewide-resource group! This group meets virtually to exercise, listen to speakers, and share or learn about ongoing experiences with PD.

Location: Virginia — Meeting Online

Fee: No

For more information, contact vapdresourcegroup@gmail.com

Link to Website [here](#).

WEST VIRGINIA

Cabell County

Huntington Support Group

Location: Huntington, WV 25701

For more information, contact Teresa Sexton at 304-399-6731.

Harrison County

Clarksburg/Bridgeport Support Group

Location: Bridgeport, WV 26330

For more information, contact Tracey Robertson at 304-363-1028.

Kanawha County

Charleston Support Group *(updated October 2023)*

We are a 501c3 not for profit organization that coordinates three support groups, three weekly exercise classes, an annual 5k fundraising event, and an annual statewide symposium.

Location: Charleston, WV 25301 — Meeting in-person

Fee: no

For more information, contact George Manahan at 304-546-6174 or

gmanahan@manahangroup.com

Link to website [here](#).

Charleston Women & Parkinson's Support Group

For more information, contact Connie Jones at 304-419-3555.



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West Virginia Parkinson's Support Network

The West Virginia Parkinson's Support Network is a loosely affiliated organization of support groups in the WV that promotes Parkinson's-specific information, events and services in West Virginia.

Location: Charleston, WV 25301

For more information, contact George Manahan at 304-546-6174 or

gmanahan@manahangroup.com.

Link to website [here](#).

Mercer County

Bluefield WV/VA Support Group

Location: Bluefield, VA 24605

For more information, contact Jean Brown at 276-322-5715.

Montgomery County

Warm Hearth Village Fitness *(updated October 2023)*

A facility located on Warm Hearth Village that holds Rock Steady Boxing classes. Facility includes a full gym, exercise classes, heated salt-water pool, and monthly Parkinson's support group meetings.

Location: Blacksburg, VA 24060- *Meeting in-person*

Fee: no

For more information, contact Kenny Harrah at (540) 443-3474 or

kharrah@warmhearth.org.

Link to website [here](#).

Wood County

Location: Vienna, WV 26105

For more information, contact Emily Taylor at 304-483-6418.